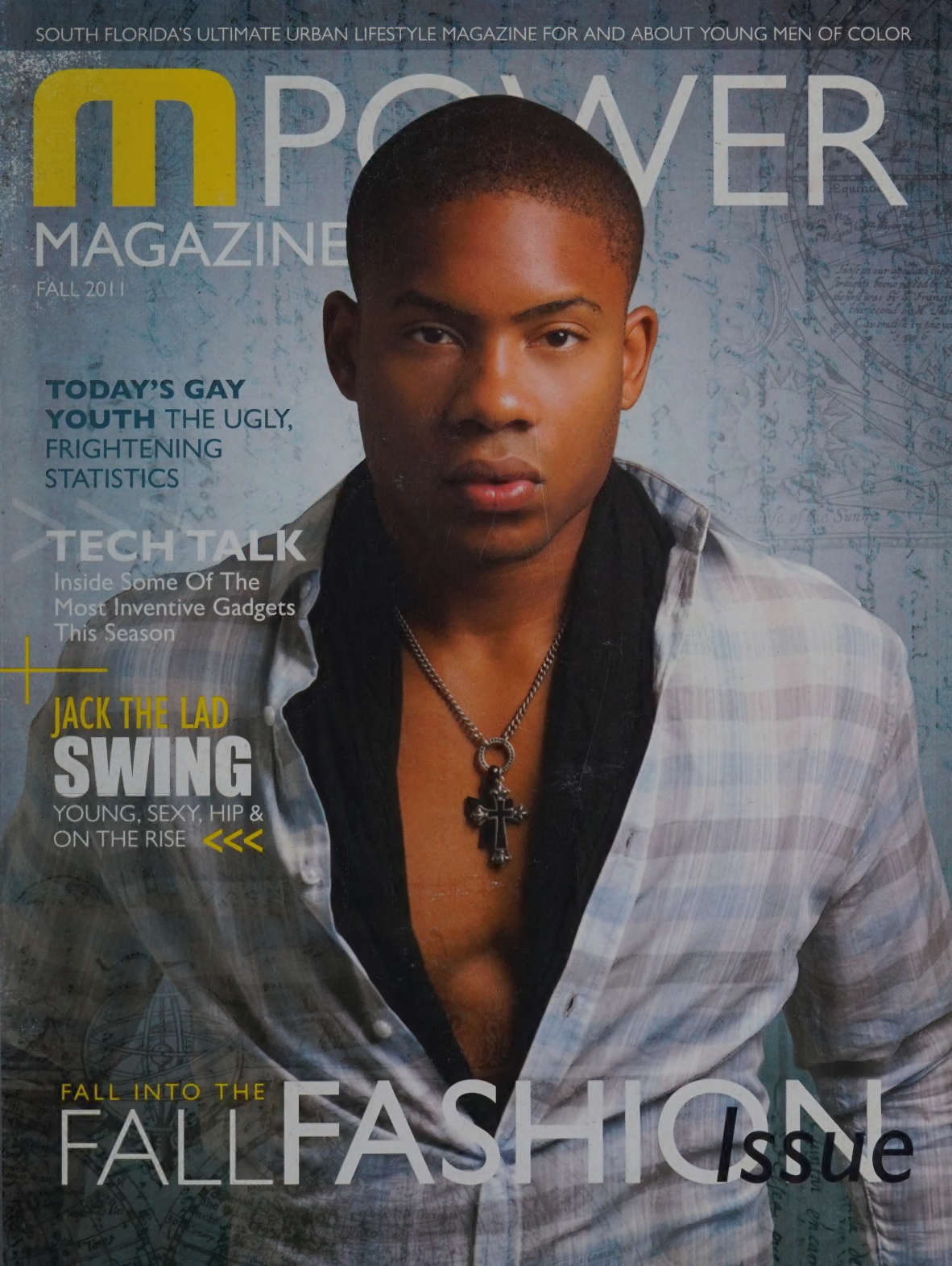
SOUTH FLORIDA'S ULTIMATE URBAN LIFESTYLE MAGAZINE FOR AND ABOUT YOUNG MEN OF COLOR

MPOWER MAGAZINE

FALL 2011



TODAY'S GAY YOUTH THE UGLY, FRIGHTENING STATISTICS

TECH TALK

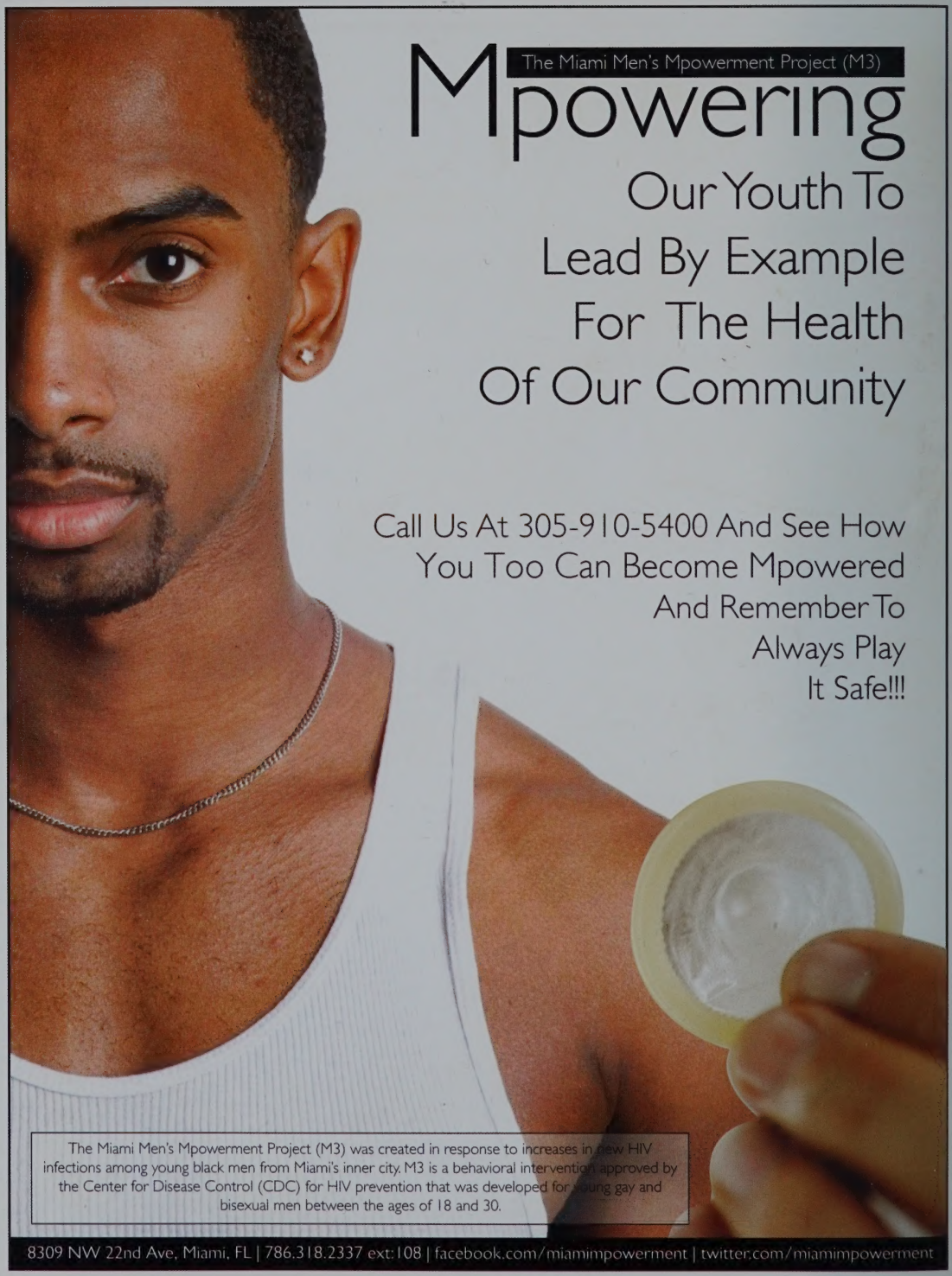
Inside Some Of The Most Inventive Gadgets This Season

JACK THE LAD SWING

YOUNG, SEXY, HIP & ON THE RISE <<<

FALL INTO THE

FALL FASHION *Issue*


The Miami Men's Mpowerment Project (M3)
Mpowering
Our Youth To
Lead By Example
For The Health
Of Our Community
Call Us At 305-910-5400 And See How
You Too Can Become Mpowered
And Remember To
Always Play
It Safe!!!
The Miami Men's Mpowerment Project (M3) was created in response to increases in new HIV infections among young black men from Miami's inner city. M3 is a behavioral intervention approved by the Center for Disease Control (CDC) for HIV prevention that was developed for young gay and bisexual men between the ages of 18 and 30.
8309 NW 22nd Ave, Miami, FL | 786.318.2337 ext:108 | facebook.com/miamimpowerment | twitter.com/miamimpowerment

23
FALL FASHION FEATURE

08
Homeless Gay Youth

28
JWS: ON THE RISE

MPOWER MAGAZINE Contents

A Publication Of Miami Men's MPowerment Project

VI #3 FALL FASHION 2011

FEATURES

06 Today' Gay Youth: The Ugly Frightening Statistics
09 Spirituality
12 Mpowerment Calendar

DEPARTMENTS

06 Lifestyle
16 Health/ Relationships
18 Gadgets
19 Fashion

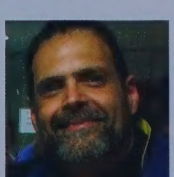
CONTRIBUTORS

Darian Aaron
Writer

Steven Petrow
Writer

Gabby Luchi
Writer

Lorenzo Turner
Graphic Designer



Rev. Albert Fanelli
Writer

Ty Xavier Weldon
Photographer

ADVERTISEMENT

TEST MIAMI
IGNORANCE KILLS . GET THE FACTS . GET TREATMENT
Call 1-800-FLA-AIDS or text your zip code to 477493
to find an HIV test site near you
For more information visit wemakethechange.com
FLORIDA DEPARTMENT OF HEALTH
Miami-Dade County Health Department

Written By Melvin Fort

The Mpowerment Project was developed as an initiative in our community, with the mission to foster leadership among young men who have sex with men (YMSM), and to promote healthy sexual behavior through safer sex practices, health screenings and providing a safe space where they can socialize and support each other. The aim is to mitigate the spread of HIV/AIDS in our community, and to provide intervention when necessary.

We fulfill our mission by facilitating activities to educate and empower our target population, which includes: weekly discussion groups, yoga classes, movie and game night. In addition, are special social events like our Mpower Your Dating speed dating event and our recent Youth Empowered about Sexuality and Spirituality (YESS) event. This session was well attended, and participants were encouraged to engage in dialogue with regards to the negative impact of stigma on our community, acceptance, and learning to develop and embrace a positive self-image with regards to their sexuality.

The vision of the Mpowerment Project is to provide enhanced services, and to mobilize an action plan with the aim of identifying and proving the means for resolution of the issues relevant to the community that we serve. As the project coordinator, I encourage you to become invested in the successful outcome of the project by sending your comments and suggestions – your input is always welcomed and appreciated.

We need to spread the message that we care about what happens in our own backyard!

MPOWER

PUBLISHER
EMPOWER U INC.
A Non-Profit Organization

ASSOCIATE PUBLISHER / EDITOR-IN-CHIEF
Dwight S. Powell

GRAPHIC DESIGNER
Lorenzo Turner

DEPARTMENT EDITORS
MPOWERMENT CORE GROUP
Headed by Melvin Fort

WRITERS
Darian Aaron Atlanta, GA
Xavier Brice Miami FL

CONTRIBUTORS
Rev. Albert Fanelli, Gabby Luchi
Steven Petrow

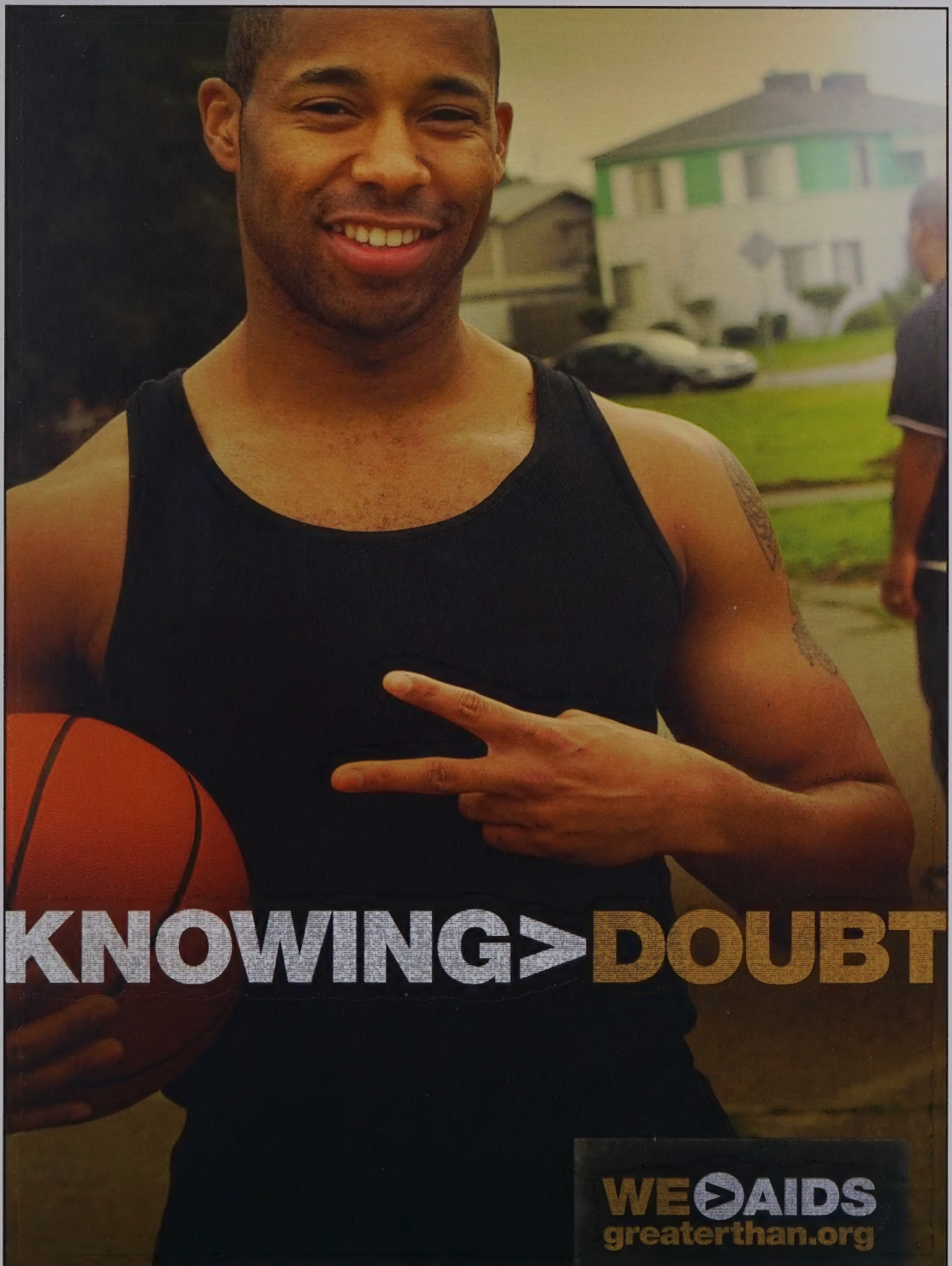
FASHION DEPARTMENT
Ty Xavier Weldon Photographer
K. Shawn Dent Stylist

ADVERTISING DEPARTMENT
Reserve Your Ad Space Today
Call 786-318-2337 x106

Miami Men's MPowerment Project
8309 NW 22nd Ave, Miami FL 33147
(Office) 786.318.2337 ext. 108
(Mobile) 305-910-5400
facebook.com/miamimpowerment
twitter.com/miamimpowerment
miamimpowerment.wordpress.com

MPOWER Magazine is published quarterly by Empower U Inc, a Florida corporation. The articles and opinions expressed herein are solely those of their authors and are not necessarily endorsed by MPOWER Magazine. **Names and pictures of persons appearing in MPOWER Magazine are no indication of sexual orientation.** All persons appearing in MPOWER Magazine are at least 18 years of age. MPOWER Magazine unless specified, does not endorse and is not responsible for claims and practices of advertisers. Reproduction in whole or part without permission of the publisher is strictly prohibited. © 2011 All Rights Reserved. Volume 1, Issue 3 - 2011.

Publication funded in part by:
Florida Department of Health


KNOWING>DOUBT
WE>AIDS
greaterthan.org

TODAY'S GAY YOUTH:

THE UGLY, FRIGHTENING STATISTICS

Still think that people CHOOSE to be gay, lesbian, bisexual or transgender? After reading the following sobering statistics, ask yourself this: What SANE person would CHOOSE to be subjected to all this?!

SUICIDE & DEPRESSION

- Suicide is the leading cause of death among gay and lesbian youth.
- Gay and lesbian youth are 2 to 6 times more likely to attempt suicide than heterosexual youth.
- Over 30% of all reported teen suicides each year are committed by gay and lesbian youth.

REJECTION

- 50% of all gay and lesbian youth report that their parents reject them due to their sexual orientation.
- 26% of gay and lesbian youth are forced to leave home because of conflicts over their sexual orientation.
- In a study of 194 gay and lesbian youth, 25% were verbally abused by parents, and nearly 10% dealt with threatened or actual violence.

HOMELESSNESS

- Approximately 40% of homeless youth are identified as gay, lesbian or bisexual.
- Service providers estimate that gay, lesbian & bisexual youth make up 20-40% of homeless youth in urban areas.
- In a study of male teenagers self-described as gay or bisexual, 27% moved away from home because of conflict with family members over sexual orientation. Almost half had run away from home at least once.

SUBSTANCE ABUSE

- Gays and lesbians are at much higher risk than the heterosexual population for alcohol and drug abuse.

• Approximately 30% of both the lesbian and gay male populations have problems with alcohol.

• Substantially higher proportions of homosexual people use alcohol, marijuana or cocaine than is the case in the general population.

• 55% of gay men have had a substance abuse problem sometime in their life.

HIGH DROP OUT RATES

• Approximately 28% of gay and lesbian youth drop out of high school because of discomfort (due to verbal and physical abuse) in the school environment.

• Gay and lesbian youth's discomfort stems from fear of name calling and physical harm.

• Gay and lesbian youth are at greater risk for school failure than heterosexual children. Academic failure, lack of student involvement and low commitment to school are profound for gay and lesbian youth because schools are neither safe, healthy nor productive places for them to learn.

VERBAL & PHYSICAL ASSAULTS

• Teenage students (gay AND straight) say the worst harassment in school is being called 'gay'.

• In a national survey, youth (gay AND straight) described being called "lesbian" or "gay" as the most deeply upsetting form of sexual harassment they experienced.

• Gay students hear anti-gay slurs as often as 26 times each day; faculty intervention occurs in only about 3% of those cases.

• In Seattle, 34% of students who described themselves as gay, lesbian or bisexual reported being the target of anti-gay harassment or violence at school or on the way to or from school, compared to 6% of heterosexual students.

• Gay and lesbian youth live, work and attempt to learn in constant fear of physical harm at school.

• 27% of gay and lesbian youth have been physically hurt by another student.

• In 53 schools in Washington State, 77 incidents of anti-gay harassment and violence have been reported in the past 3 years, with 34 of these incidents (44%) serious enough to warrant possible criminal allegations.

LACK OF SUPPORT

• Few administrators discipline students for name-calling and harassment of gay and lesbian students.

• Teachers may wish to stop harassment and anti-gay comments, but few have had any specific training which would teach them to intervene effectively and many fear reprisals without the explicit support and backing of their administration.

• In Michigan, 28% of school personnel surveyed determined their school environment to be emotionally unsafe for gay and lesbian youth.

• Over 50% of national youth servicing organizations report that they do not have services or resources in place to educate youth on sexual orientation or to support gay and lesbian youth.

LACK OF ROLE MODELS

• There are very few openly gay staff members or teachers in schools.

• The presence of openly gay and/or lesbian staff members is a crucial component of any school program seeking to reduce bigotry and provide support for gay and lesbian students.

VICTIMS OF CRIME

• Gays and lesbians are the most frequent victims of hate crimes.

• Gays and lesbians are at least 7 times more likely to be crime victims than heterosexual people.

• At least 75% of crimes against gays and lesbians are not reported to anyone.

• In a study of 5 metropolitan areas (including Boston, Chicago, Minneapolis/St. Paul, New York City, and San Francisco), there were 1,833 [reported) incidents of anti-gay and anti-lesbian crimes, which was a 31% increase over the previous year.

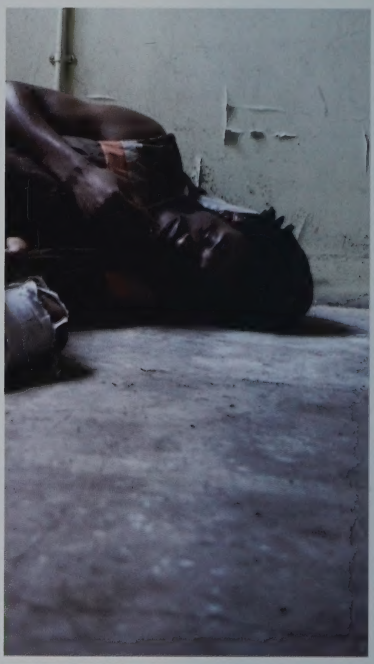
WHY SHOULD THIS BE TALKED ABOUT IN SCHOOLS?

• In a typical class of 30 students, 8 students (27% of the class) will be directly affected by homosexuality of self, one or more siblings, or one or both parents.

HOMELESS GAY YOUTH:

A FORGOTTEN POPULATION

Written By Darian Aaron



HOMELESS & TRANSGENDERED

Transgender people are often forced to classify themselves as a gender with which they do not identify. These individuals are particularly at physical risk in shelters. This risk comes from a lack of acceptance. Ex. Transgender women (born with male genitalia but identify and live as women) forced to take shelter with heterosexual men are frequently subjected to verbal, physical, and sexual abuse. Transgender individuals are often turned away from shelters and in some cases signs have been posted barring their entrance.

According to one study, 26 percent of gay teens were kicked out of their homes when they came out to their parents.

As more Americans began to oppose discrimination based on sexual orientation, the lesbian, gay, bisexual, and transgender political movement for equal rights has seen significant gains in eradicating discriminatory laws that once had majority support. In addition, a sizable shift in overall public opinion has occurred, yet anti-gay sentiment still exists, often affecting our most vulnerable: our youth. This year, between 574,000 and 1.6 million youth will experience homelessness, according to the U.S. Department of Health and Human Services. Of these homeless youth, 20 to 40 percent identify as lesbian, gay, bisexual and transgender (LGBT) according to a 2007 study by the National Gay and Lesbian Task Force. Those numbers should alarm you.

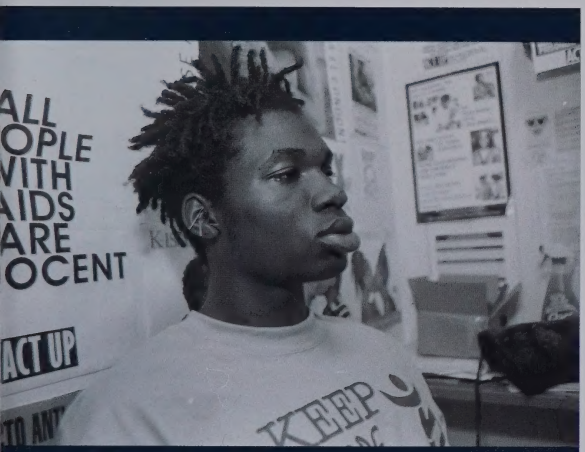
There is a noticeable disconnect between seemingly progressive attitudes towards the LGBT community and the experiences of LGBT youth in both rural and metropolitan areas across the country. Many gay and lesbian youth attribute rejection from their families to homophobia, often stemming from deeply held religious beliefs as a central factor in their

BY THE NUMBERS

- 20% of homeless youth are LGBT. In comparison, the general youth population is only 10% LGBT.
- While homeless youth typically experience severe family conflict as the primary reason for their homelessness, LGBT youth are twice as likely to experience sexual abuse before the age of 12.
- LGBT youth, once homeless, are at higher risk for victimization, mental health problems, and unsafe sexual practices. 58.7% of LGBT homeless youth have been sexually victimized compared to 33.4% of heterosexual homeless youth
- LGBT youth are roughly 7.4 times more likely to experience acts of sexual violence than heterosexual homeless youth
- LGBT homeless youth commit suicide at higher rates (62%) than heterosexual homeless youth (29%)

transition from the safety net of home to a life on the street.

Corey, a case manager for Safe Horizon in New York City, one of the nations leading victim assistance organizations, experienced the life of a homeless teenager when his devoutly religious mother kicked him out of the house at sixteen because of his sexuality.
"I talked to pastor and he thinks that it's really unhealthy for you to be here," Cory recalls his mother saying to him.



ALI FORNEY

Ali He'shun Forney (April 12, 1975 - December 5, 1997) was an African-American gay and transgender youth who also used the name Luscious. When Ali was 13, he was put out of his home for being gay, becoming one of the many thousands of LGBT teens who have been forced to endure homelessness after being rejected by their parents. Ali lived on the streets of New York City in dangerous and atrocious conditions, without access to adequate services and was murdered on the streets at the age of 22. Despite the hardships he faced, Ali was a tireless advocate for the safety of his fellow homeless youth, and a dedicated HIV prevention worker.

At 4 am on December 5, 1997 he was found by the police shot on the sidewalk in front of a housing project in East Harlem. The killing has never been solved. Ali's life and death inspired the founding of the Ali Forney Center (AFC), which has grown to become the nation's largest organization dedicated to homeless LGBT youth. The Center provides not only shelter beds for these youth, but also a comprehensive range of services including vocational training, education and job assistance, and substance abuse treatment.

"You're going to infect your brother and your sister and it's best that you go. I don't know where you will go, but you can't live here. I have to protect my family."

Nicole, an African-American teen residing in New York City who identifies as a lesbian was also rejected by her family and was forced to find alternative means for survival.
"I had to learn quickly how to fend for myself," says Nicole. " I would go to my friends house because I couldn't go home. I would get food from soup kitchens and just ride the train all night. You don't get a lot of sleep unless you actually feel safe somewhere."

By being homeless in a society that devalues the lives of LGBT people, these young people are facing rejection on multiple fronts...

Homeless youth are consistently exposed to the worst elements of street life and often find themselves at risk for physical assault, drug addiction, suicide and prostitution. And to add insult to injury, many homeless teens in shelters throughout the United States, with no history of catering to the needs of this specific population, have also become breeding grounds for homophobia and violent attacks.

Transgender individuals are specifically susceptible to attacks and are even denied access to shelters based on their gender identity and expression. According to the National Center for Transgender Equality, "nearly all homeless shelters in the United States are segregated by sex, and transgender people are often not allowed to house with the appropriate sex. If a shelter accepts transgender residents at all, often shelters require genital surgery before admitting them. Transgender women who are required to stay in men's facilities report that they are sexually propositioned, verbally harassed, and sometimes assaulted."

By being homeless in a society that devalues the lives of LGBT people, these young people are facing rejection on multiple fronts: from their families and communities and from many of the organizations that are supposed to offer a solution.

Thankfully, there are shelters that recognize the specific needs of LGBT youth and provide a safe place for these young people to receive a hot meal and a warm place to lay their heads as they re-build their self-esteem and learn critical skills in order to become productive citizens. The Alliance for GLBTQ Youth, based in North Miami, Florida is one such place.

...Continues on Page 10

"Many of our youth have unstable housing or are couch surfing, says Carla Silva, Executive Director of The Alliance for GLBTQ Youth. "This doesn't officially make them homeless, but the reality is that they are without a consistent, safe place to live and are often seeking where they may next be able to crash-to me this is homeless," adds Silva. The Alliance for GLBTQ Youth coordinates a full range of quality services through partnerships with many service organizations such as Stand Up for Kids, a non-profit that specializes in helping homeless Miami-Dade County youth improve their lives.

Gregory, a twenty-year old homeless African-American gay man receiving services from Washington D.C. based Transgender Health Empowerment and The Wanda Alston House, a homeless program for LGBT youth, was able to breathe a sigh of relief after finding a shelter that was committed to the development of his full humanity. "I don't have to think so much about survival or where my next meal is coming from. When I step outside I don't have to feel insecure because I know that tomorrow I'll have a place to come to."

The feeling of relief and comfort for the hundreds of teens and young adults that benefit from these services is a priority for Earline Budd, founder of Transgender Health Empowerment, but it does very little to soften the blow from the lack of support from federal and local officials "who don't want to touch the issue when it comes to lesbian, gay, bisexual, and transgender youth," according to Budd. Leandrea Gilliam, Care Advocacy Program Manager for Sexual Minority Youth Assistance League in D.C. agrees with Budd. "Even when I call certain places and I say that I'm looking for resources for LGBT youth the whole willingness to provide services changes," says Gilliam.

Every time we decide that this is too big of an issue or we just don't understand it, we're saying that it's okay for young people to be treated less than human...

President Barack Obama is aware of the challenges faced by those who are homeless. In June the Obama administration proposed a nine-year plan that would end chronic homelessness by 2015 and homelessness among families, youth, and children by 2020. LGBT youth are one of the target populations being included in the initiative. Kathleen Sebelius, Secretary of The Department of Health and Human Services now requires that all organizations serving runaway and homeless youth be equipped to serve LGBT youth. The Department of Health and Human Services has also taken steps to make it easier for homeless providers like Budd and Gilliam to apply for funds to primarily serve LGBT youth.

Public policy is one solution to addressing the imminent crisis of homeless lesbian, gay, bisexual, and transgender youth, but Sebelius and countless service providers like David K. Mensah, former Executive Director of the Hetrick-Martin Institute in New York City, recognizes the value in educating the masses on the importance of familial and societal acceptance of LGBT teens who make the difficult decision to come out and find themselves at risk.

"Every time we decide that this is too big of an issue or we just don't understand it, we're saying that it's okay for young people to be treated less than human," says Mensah. "We're saying it's okay if another young person fails because of a message they got from the larger community that they're less than loveable, that they're less than beautiful, and less than valued members of our society. What I would love to believe is that if given the opportunity each one of us in our communities would act to ensure that these young people have a chance."

If you are an LGBT teen who is homeless or you know someone who is there is help available. Contact Stand Up Miami toll-free at 1-800- 786-2929 or via e-mail at Miami@standupforkids.org.

RISKY SEXUAL BEHAVIOR

All homeless youth are especially vulnerable to engaging in risky sexual behaviors because their basic needs for food and shelter are not being met. Defined as "exchanging sex for anything needed, including money, food, clothes, a place to stay or drugs," survival sex is the last resort for many LGBT homeless youth. A study of homeless youth in Canada found that those who identify as LGBT were three times more likely to participate in survival sex than their heterosexual peers, and 50 percent of homeless youth in another study considered it likely or very likely that they will someday test positive for HIV.

SPIRITUALITY

Written By Rev. Albert Fanelli

Some people would have you believe that you are a sinner because you are gay. They would tell you that God hates you for who you love and that there's no room in God's world for you. That is not for them to decide. That is between you and the God that created you. Let us not forget the one basic truth found in the very beginning of the Bible. We were ALL born in God's image and likeness – gay, straight, transgender, black, white, yellow, tall, short,Christian or Muslim. All of us, without exception, are worthy of God's love. And if we deserve God's love, surely we deserve to love ourselves. Loving ourselves – just as we are - is the beginning of to our empowerment.

A few hundred years ago, after Europeans invaded North America, they struggled to convert Native Americans, claiming that their Native religion was wrong and that Christianity was the only way.A Native American leader, named "Red Jacket" of the Senaca people challenged the Europeans. He asked that if Christianity was the only one true religion, why was there so much disagreement about it, especially since it was all based on one book, the Bible.

Today, people are still disagreeing about what the Bible means. For most people, the Bible teaches the true message of love. For others, the Bible was used in the past to justify slavery and genocide of Native peoples and people of other faiths. And today, some people use the Bible as a weapon to justify the persecuting gays, lesbians and transgendered people. They tell us that you are choosing a life of sin and should be punished for that. South African Archbishop Desmond Tutu, who has always been a loving champion for all people, said:

"My scientist and medical friends have shared with me a reality that so many gay people have confirmed, I now know it in my heart to be true. No one chooses to be gay. Sexual orientation, like skin color, is another feature of our diversity as a human family. Isn't it amazing that we are all made in God's image, and yet there is so much diversity among his people? Does God love his dark- or his light-skinned children less? The brave more than the timid? And does any of us know the mind of God so well that we can decide for him who is included, and who is excluded, from the circle of his love?"

Messages of hatred and persecution hurt us all. Sadly, in some extreme cases, we are even driven to suicide. Many times we live our lives feeling guilty, shameful, angry or depressed about who and what we are. The words we hear on the outside become the truth we accept inside. The condemnation we may hear from our families and our churches becomes the self-condemnation that damages us and prevents us from living our lives fully. It's especially difficult for those of us with parents or other family members that use the Bible to condemn us. We know that they love us but they have been taught to interpret the Bible in a certain way. We may never change them but we can change and empowerourselves by learning more about the Bible and developing our own understanding about what is written. We don't have to make the people who condemn us wrong but we can have a relationship with a God who loves us and made us just as we are - gay, lesbian, transgender or straight.

The bible doesn't condemn you for eternity no more than it justified slavery. Your sexuality does deny you your spirituality.

Today many churches proudly call themselves "open and affirming", welcoming everyone without judging or condemning. The website www.gaychurch.org has a list of churches around the world or around the corner where we will be accepted and celebrated just as we are. There are also several good movies that talk about religion and sexuality like "Prayers for Bobby," "For the Bible Tells Me so" and "All God's Children."

Being gay, lesbian, bisexual or transgendered is not a sin. The bible doesn't condemn you for eternity no more than it justified slavery. Your sexuality does deny you your spirituality. We may be hearing messages of condemnation from the outside but today is the day to start replacing them with the truth as we know it. As Lady Gaga says "I was born this way!" God created us in His image and loves us just as we are. It's up to us now to love ourselves too. When we love ourselves, we are empowered to be happyand successful. When we love ourselves we become responsible for caring for our bodies (including practicing safe sex). And when we love ourselves we are open to pursuing our dreams of sharing our life with a loving partner. As children of God, we deserve nothing less.

What's Happening SEPTEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
28 AUG	28 AUG	30 AUG	31 AUG
04 SEP Cirque Éloize iD from 7/26 to 9/4 ADRIENNE ARSHT CENTER FOR THE PERFORMING ARTS 1300 Biscayne Blvd., Miami, 305/949-6722	**05 SEP** Florida Marlins vs. New York Mets from 9/5 to 9/7 SUN LIFE STADIUM 2269 NW 199th St., Miami Gardens, FL 33056, Major League Baseball.	**06 SEP** GableStage at the Biltmore: The Brothers Size from 9/3 to 10/2 GABLESTAGE AT THE BILTMORE 1200 Anastasia Ave. Miami, 305/445-1119	**07 SEP** Wine Down Wednesdays HISTORY MIAMI 101 W. Flagler St., Miami, FL 33130, 305/375-1492 Enjoy wine and live music the first Wednesday of every month. 5 p.m.
11 SEP Bluegrass Festival at Greynolds Park GREYNOLDS PARK Miami Gardens Drive and NE 22nd Avenue, North Miami Beach, FL 33162, 305/358-1800	**12 SEP**	**13 SEP** Rock The Bells Hip Hop Festival FILLMORE MIAMI BEACH at the Jackie Gleason Theater 1700 Washington Ave., Miami Beach, FL 33139, 800/745-3000	**14 SEP** Yoga in the Park Bayfront Park Amphitheater 301 N. Biscayne Blvd., Miami, FL 33132, De-stress three times a week, with free yoga classes every Monday, Wednesday & Saturday.
18 SEP Key Biscayne Triathlon Trilogy CRANDON PARK, Lot 3 4000 Crandon Blvd., Key Biscayne, FL 33149	**19 SEP** Florida Marlins vs. Atlanta Braves from 9/19 to 9/21 SUN LIFE STADIUM 2269 NW 199th St., Miami Gardens, FL 33056, Major League Baseball.	**20 SEP** INCUBUS Klipsch Amphitheater at BAYFRONT PARK 7PM	**21 SEP** JAZZ CAFE Alliance Francaise de Miami 618 SW 8th St., Miami, FL 33130, 305/859-8760. Enjoy live jazz the third Wednesday of every month. 7PM
25 SEP Publix Escape to Miami Triathlon MARGARET PACE PARK 1745 N. Bayshore Drive, Miami, FL 33132, The Publix Escape to Miami Triathlon boasts the most unique and challenging course in Florida starting at 5:45AM	**26 SEP** Florida Marlins vs. Washington Nationals from 9/26 to 9/28 SUN LIFE STADIUM 2269 NW 199th St., Miami Gardens, FL 33056 Major League Baseball.	**27 SEP**	**28 SEP**

THURSDAY	FRIDAY	SATURDAY
01 SEP Florida International University Golden Panthers vs. Rutgers FIU STADIUM 11200 SW 8th St., Miami, FL 33199, 305/348-426 College football 8PM	**02 SEP** Miami HOME DESIGN AND REMODELING SHOW MIAMI BEACH CONVENTION CENTER 1901 Convention Center Drive, Miami Beach, FL 33139, 305/667-9299	**03 SEP** The Great Grove Bed Race & Pajama Pub Crawl from 9/3 to 9/4 Along Grand Avenue, starting at Commodore Plaza Coconut Grove 305/221-939
08 SEP Oscar Niemeyer 100 | 10 from 9/8 to 10/22 FREEDOM TOWER AT MIAMI DADE COLLEGE 600 Biscayne Blvd., Miami, 33132	**09 SEP** Manu Chao: La Ventura Klipsch Amphitheater at BAYFRONT PARK 301 N. Biscayne Blvd., Miami, FL 33132, Manu Chao performs in Miami for the first time. 7 p.m.	**10 SEP** TARZAN'S CUP Oleta River State Park 3400 NE 163rd St., North Miami Beach, FL 33160, 786/337-1776 Tarzan's Cup is a five-race series of adventure obstacle races in South Florida from May to September
15 SEP	**16 SEP** MARC ANTHONY AMERICAN AIRLINES ARENA 601 Biscayne Blvd., Miami, FL 33132, 800/745-3000. 8PM	**17 SEP** University of Miami Hurricanes vs. Ohio State SUN LIFE STADIUM 2269 NW 199th St., Miami Gardens, 800/462-2637 College football.
22 SEP Flickin' Summer Movie Series: "Ferris Bueller's Day Off" Gusman Center for the Performing Arts - OLYMPIA THEATER. 174 E. Flagler St., Miami, FL 33131, 305/374-2444	**23 SEP** Miami International Wine Fair from 9/23 to 9/25 Miami Beach Convention Center 1901 Convention Center Dr., Miami Beach, FL 33139	**24 SEP** CHRIS TUCKER JACKIE GLEASON THEATER 1700 Washington Ave., Miami Beach, FL 33139, 800/745-3000
29 SEP Bryan Ferry Fillmore Miami Beach at The Jackie Gleason Theater 1700 Washington Ave., Miami Beach, FL 33139, 800-745-3000 Singer Bryan Ferry brings his Olympia Tour to Miami Beach.	**30 SEP** You're a Good Man Charlie Brown from 9/30 to 10/16 Main Street Playhouse 6766 Main St., Miami Lakes Based on the Peanuts comic strip by Charles M. Schulz. Book, music and lyrics by Clark Gesnera.	**01 OCT**

MONDAY
- Florida Marlins vs. Washington Nationals from 9/26 to 9/28 @ Sun Life Stadium
- Florida Marlins vs. New York Mets from 9/5 to 9/7 @ Sun Life Stadium
- Miami Dolphins vs. New England Patriots 9/12 7PM @ Sun Life Stadium
-Florida Marlins vs. Atlanta Braves from 9/19 to 9/21 @ Sun Life Stadium

TUESDAY
- GableStage at the Biltmore: The Brothers Size from 9/3 to 10/2 @ GableStage at the Biltmore
- Rock The Bells Hip Hop Festival Fillmore Miami Beach 9/13 @ Jackie Gleason Theater. Featuring seminal hip-hop artists Ghostface, Raekwon and Mobb Deep.
- Incubus performs 9/20 @ Klipsch Amphitheater at Bayfront Park

WEDNESDAY
- Wine Down Wednesdays @ History Miami. Enjoy wine and live music the first Wednesday of every month. 5PM
- Free Yoga in the Park Bayfront Park Amphitheater every Mon. & Wed.: 6 PM-7:15PM; Sat.: 9AM-10:15AM
- Jazz Cafe @ Alliance Francaise de Miami. Enjoy live jazz the third Wednesday of every month. 7PM

THURSDAY
- Florida International University Golden Panthers vs. Rutgers @ FIU Stadium. College football. 8PM
- Oscar Niemeyer 100 | 10 from 9/8 to 10/22 @ Freedom Tower at Miami Dade College
- Flickin' Summer Movie Series: "Ferris Bueller's Day Off" @ Gusman Center for the Performing Arts - Olympia Theater
- Legendary singer Bryan Ferry brings his Olympia 2011 Tour to Fillmore Miami Beach @ Jackie Gleason Theater

FRIDAY
- Miami Home Design & Remodeling Show from 9/2 to 9/6 @ Miami Beach Convention Center
- Manu Chao: La Ventura performs @ Klipsch Amphitheater at Bayfront
- Marc Anthony perfoms 9/16 @ American Airlines Arena 8PM
- Miami International Wine Fair from 9/23 to 9/25 @ Miami Beach Convention Center
-You're a Good Man Charlie Brown from 9/30 to 10/16 @ Main Street Playhouse

SATURDAY
- The Great Grove Bed Race & Pajama Pub Crawl from 9/3 to 9/4 Along Grand Avenue, starting at Commodore Plaza Coconut Grove
- Tarzan's Cup @ Oleta River State Park. 5-Race series of adventure obstacle races in South Florida from May to September.
- University of Miami Hurricanes vs. Ohio State @ 9/17 College football
- Chris Tucker LIVE 9/24 @ Fillmore Miami Beach at the Jackie Gleason Theater

SUNDAY
- Cirque Éloize iD from 7/26 to 9/4 @ Adrienne Arsht Center for the Performing Arts
- Bluegrass Festival at Greynolds Park. Featuring a variety of talented Bluegrass artists. 12:30PM to 5PM
- Key Biscayne Triathlon Trilogy Crandon Park, Lot 3-4 7AM 9/18
- Publix Escape to Miami Triathlon Margaret Pace Park begins 5:45AM

*For more information call Mpowerment at 786.318.2337 ext: 108.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
31 SEP	01 OCT South Miami-Dade Cultural Arts Center Grand Opening Celebration South Miami-Dade Cultural Arts Center from 10/1 to 10/2 10950 SW 211th St., Cutler Bay, FL 33189, 786/573-5316	02 OCT GableStage at the Biltmore: The Brothers Size from 9/3 to 10/2 GableStage at the Biltmore 1200 Anastasia Ave. Miami, 305/445-1119	03 OCT Frost School of Music P.O. Box 248165, Coral Gables, FL 33124-2975
07 OCT Hispanic Heritage in America 2011 from 10/7/2011 to 10/29/2011 MUSEUM OF THE AMERICAS 2500 NW 79th Ave., Suite 104, Doral, FL 33122, 305/599-8089	08 OCT Reggae Carnival Fest 2 at Gulfstream Park 501 S. Federal Highway, Hallandale, FL 33009, 954/245-9978 4PM-Midnight.	09 OCT Miami Broward One Carnival SUN LIFE STADIUM 2269 NW 199th St., Miami, FL 33056, 305/653-1877	10 OCT
14 OCT Miami Beach Antique Jewelry & Watch Show from 10/14 to 10/16 Miami Beach Convention Center 1901 Convention Center Drive, Miami Beach, FL 33139, 239/732-6642 Fri. & Sat. 11AM-7PM, Sun. 11AM.-6PM	15 JUN Grovetoberfest Peacock Park 2820 McFarlane Road, Coconut Grove, FL 33133, 305/461-2700	16 OCT Bay Cruise @ Deering Estate at Cutler 16701 SW 72nd Ave. Miami, 305/235-1668, ext. 233	17 OCT
21 OCT Wynwood Art Fair from 10/21 to 10/23 Along Northwest 6th Avenue, 10 AM.-6PM wynwood art fair benefiting Lotus House	22 OCT ABILITY EXPLOSION An accessibility awareness event Colusana/Explosion Wheelchair Exhibition Game @ Scott Rakow Center. 2700 Sheridan Ave. Miami Beach, FL 33140	23 OCT Seraphic Fire: The Death of Victoria: A Requiem for the Renaissance Miami Beach Community Church 1620 Drexel Ave., Miami Beach, FL 33139 305/285-9060 4PM	24 OCT
28 OCT South Florida International Auto Show from 10/28 to 11/6 @ Miami Beach Convention Center	29 OCT Jungle Island's Halloween Spooktacular from 10/29 to 10/30 Jungle Island 1111 Parrot Jungle Trail, Miami, FL 33132, 305/400-7000 10AM-5PM	30 OCT BAYFRONT PARK 301 N. Biscayne Blvd., Miami, FL 33132, 305/358-7550 @ 6:30AM	31 OCT Family Halloween Party COCO WALK 3015 Grand Ave., Coconut Grove, FL 33133 Trick-or-treating, costume contests, live entertainment and more! 1PM-6PM

What's Happening OCTOBER

THURSDAY	FRIDAY	SATURDAY
04 OCT	**05 OCT**	**06 OCT** Benny Golson - Taking Note of a Legendary Jazz Career Gusman Concert Hall, University of Miami, 1314 Miller Drive, Coral Gables, FL 33124, 305/284-4940 Free. 4PM
11 OCT A WHOLE NEW BALLGAME at Gusman Concert Hall, University of Miami, 1314 Miller Drive, Coral Gables, FL 33124, 305/284-4940 8PM	**12 OCT** **IMANI WINDS** at Gusman Concert Hall, University of Miami	**13 OCT** New York Voices Swing with JVI Frost Jazz Vocal Ensemble Gusman Concert Hall, University of Miami, 1314 Miller Drive, Coral Gables, FL 33124, 305/284-4940 8PM
18 OCT Frost Wind Ensemble Presents the Windswept Music of Michael Colgrass Gusman Concert Hall, University of Miami, 1314 Miller Drive, Coral Gables, FL 33124, 305/284-4940	**19 OCT** ABILITY EXPLOSION from 10/19 to 10/23 Various locations throughout Miami Beach. Miami Beach, FL 33139, 305/534-8456	**20 OCT** MIAMI FASHION FEST from 10/20 to 10/22 Venues throughout Miami-Dade County
25 OCT Broadway in Miami: The Addams Family from 10/25 to 10/30 Adrienne Arsht Center for the Performing Arts 1300 Biscayne Blvd., Miami, 305/949-6722	**26 OCT** Divergent Boundaries - Faculty Composers Concert Gusman Concert Hall, University of Miami, 1314 Miller Drive, Coral Gables, FL 33124, 305/284-4940 FREE 8PM	**27 OCT** University of Miami Hurricanes vs. Virginia SUN LIFE STADIUM 2269 NW 199th St. Miami Gardens, 800/462-2637 College football.

MONDAY
- South Miami-Dade Cultural Arts Center Grand Opening Celebration from 10/1 to 10/2 @ South Miami-Dade Cultural Arts Center
- Reggae Carnival Fest 2 @ Gulfstream Park. A blend of Reggae and Soca under the same roof for the second year. 4PM-Midnight.
- Grovetoberfest @ Peacock Park Grovetoberfest brings a world-class beer festival to Miami.
-Ability Explosion from 10/19 to 10/23. Various locations throughout Miami Beach. Ability Explosion is a weeklong series of special events created for the enjoyment of the entire community.
-Jungle Island's Halloween Spooktacular from 10/29 to 10/30. From trick-or-treating through the Jungle to themed animal shows, kids of all ages will enjoy a family friendly, fun-filled time. 10AM-5PM

TUESDAY
- GableStage at the Biltmore: The Brothers Size from 9/3 to 10/2 GableStage at the Biltmore
- Miami/Broward One Carnival @ Sun Life Stadium. Elaborate costumes, pulsating rhythms, fantastic food & unbridled revelry await you!
- Bay Cruise @ Deering Estate at Cutler 10/16. Pontoon Boat Tours are offered on the Pelican Island Skipper. The boat will explore the waters of Biscayne Bay 2-4PM; please arrive at 1:30PM
- Seraphic Fire: The Death of Victoria: A Requiem for the Renaissance @ Miami Beach Community Church
-Miami Hosts Rohto Ironman 70.3 Triathlon 10/30 @ Bayfront Park. Starts at 6:30AM

WEDNESDAY
- Festival Miami from 10/01/ to 11/4 @ Frost School of Music. Showcases an impressive array of international and local guest artists, and faculty and student ensembles.
- Family Halloween Party 10/31 @ Coco Walk. Trick-or-treating, costume contests, live entertainment and more at the Coco Walk Family Halloween Party. 1PM-6PM

THURSDAY
- A Whole New Ballgame @ Gusman Concert Hall, University of Miami 10/11. Frost Symphonic Choir performs excerpts from the baseball themed "The Mighty Casey" by W. Schuman. Free for UM students. 8PM
- Frost Wind Ensemble Presents the Windswept Music of Michael Colgrass @ Gusman Concert Hall. Free for UM students. 7:15PM Q&A, 8PM Concert. - Flickin' Summer Movie Series: "Ferris Bueller's Day Off"
- Broadway in Miami: The Addams Family from 10/25 to 10/30 @ Adrienne Arsht Center for the Performing Arts

FRIDAY
- Imani Winds @ Gusman Concert Hall, University of Miami. 8PM
- Ability Explosion from 10/19 to 10/23 @ Various locations throughout Miami Beach. A week-long series of special events created for the enjoyment of the entire community.
- Divergent Boundaries - Faculty Composers Concert @ Gusman Concert Hall, University of Miami, This year the festival proudly introduces new works by Lansing McLoskey, Charles Mason, Dennis Kam, JB Floyd, and Dorothy Hindman. Free. 8PM

SATURDAY
- Benny Golson - Taking Note of a Legendary Jazz Career @ Gusman Concert Hall, University of Miami, Free. 4PM
- New York Voices Swing with JVI Frost Jazz Vocal Ensemble @ Gusman Concert Hall, University of Miami, 8PM
- Miami Fashion Fest from 10/20to 10/22 @ Venues throughout Miami-Dade County. Visit the website for a complete list of events and shows.
- University of Miami Hurricanes vs. Virginia @ Sun Life Stadium

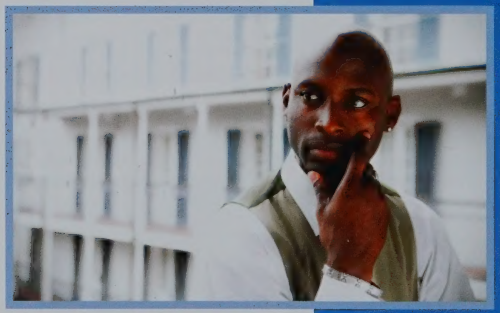
SUNDAY
- Hispanic Heritage in America from 10/7 to 10/29 @ Museum of the Americas. The museum presents an exhibition celebrating Hispanic Heritage Month.
- Miami Beach Antique Jewelry & Watch Show from 10/14 to 10/16 @ Miami Beach Convention Center. Fri. & Sat. 11AM-7PM, Sun. 11AM.-6PM
- Wynwood Art Fair from 10/21 to 10/23 Along Northwest 6th Avenue
- South Florida International Auto Show from 10/28 to 11/6 @ Miami Beach Convention Center

*For more information call Mpowerment at 786.318.2337 ext: 108.

How do I **TALK ABOUT HIV & STDS** with a new partner?

Written By Steven Petrow

Question: I've gotten pretty confused about when to talk with new partners or boyfriends about STDs and HIV status. Some of my friends say that as long as you're having safer sex, there's no need to have "the talk." Others say—vehemently, I might add—that I must have that conversation. What do you think? By the way I'm HIV-positive.



Steven Petrow is the author of the just released Steven Petrow's Complete Gay & Lesbian Manners: The Definitive Guide to LGBT Life and can be found at gaymanners.com.

Answer: First of all, I can't help but note that this week marks the 30 year since the Centers for Disease Control and Prevention first identified the disease now known as AIDS.

With more than 60 million infected worldwide and nearly half that number dead, it's important for us to remember that this epidemic continues, both here and overseas. It's also key that the changes in sexual behavior initiated by the gay community back in the '80s are largely responsible for curbing the spread of HIV/AIDS in the U.S.

I asked a number of experts in the HIV/AIDS field about your question, because there hasn't always been a consensus on the finer points of disclosure. After talking to them and weighing all the information, here's my take:

All of us who are sexually active need to be responsible for considering the risks of spreading STDs and for taking steps to protect ourselves and our partners.

Whether positive or negative (or, god forbid, unknowing), we owe it to everyone involved to talk about our sexual health before having sex. I've long said that if you're intimate enough to have sex with someone, you're intimate enough to talk about HIV status.

Still, it's usually easier to do this before you find yourself in the heat of the moment, where folks sometimes get carried away by the throes of passion and take risks they might not otherwise. "The talk" needn't be involved or lengthy—although, admittedly, it can be hard to make this particular topic romantic—but this isn't a time to be reticent.

Be truthful and direct, saying, for instance: "I just want you to know that as far as I know, I'm [fill in the blank]. What about you?" Sometimes it's easier if you volunteer your health status first, as a way to open the door. If humor comes to you naturally, by all means try that; but remember, you're not giving a public health lecture.

Since you mentioned that you're HIV-positive, let me give you some more advice to chew on.

Even if you've hinted at your seropositive status, don't assume your partner knows. The subtle signals of human interaction—especially sex-charged interaction—are easily misinterpreted. The words you'll choose will depend both on your personality and on the kind of connection you have with this person, but you should be clear no matter what. Some come right out and say, "I'm HIV-positive." Others get there sideways, by asking, for example: "Have you ever dated someone who is HIV-positive?" and then steering the talk toward their own health status.

Similarly, it's smart for HIV-negative people to tell their partners that information, too. This may well help a poz partner disclose his status or help both of you gauge where you'll play on the safer-sex spectrum.

All that said, there are some caveats. (Nothing is simple these days.) If you're planning to have anonymous sex, say at a club or bathhouse, it's hard to imagine having much of a conversation about anything, much less about HIV status. In this case, I'd say that you, as an HIV-positive man, must assume there are HIV-negative guys present and that you should therefore practice safer sex all the time. Of course, everyone may define "safer sex" differently; for instance, where does fellatio without a condom fall on your personal spectrum? An HIV-negative person who finds himself at a similar venue should assume that HIV-positive guys will be among his partners and should protect himself accordingly.

Readers, tell me what you think. And what "rules" you play by.

Yoga

Written by Gabby Luchi

How yoga may promote health Research into the health benefits of yoga is still in its infancy. has been shown to lower blood pressure and heart rate, which can help reduce a person's risk of heart disease. There may be other heart benefits, too: A 2006 study found that yoga helped lower cholesterol levels and improve circulation in people who have cardiovascular disease. Some hospitals have incorporated yoga into their post-cardiac rehabilitation programs.

Studies did find that yoga can help people lose weight by leading them to a healthier lifestyle. People who regularly practiced yoga started eating less, eating more slowly, and choosing healthier foods. They also showed fewer symptoms of eating disorders.

Many people report that yoga gives them an overall feeling of wellbeing. But research shows that it may also help alleviate specific kinds of pain, including migraine headaches, lower back problems, arthritis and pain during childbirth. Researchers are not sure what mechanism is at work, but one theory is that the yoga postures work like the way massage works. When a yoga posture places pressure on a nerve fiber, the signal for "pressure" is sent quickly to the brain via myelinated (insulated) nerve fibers, while the signal for "pain" reaches the brain more slowly via less myelinated nerve fibers. The signal for "pressure" closes the receptor gate and shuts out the "pain" stimulus. Another theory is that yoga causes an increase in serotonin, the body's natural anti-pain chemical.

While more research is needed into these areas, people who practice yoga have also reported that they experience less insomnia and better digestive health. Pregnant women in particular seem to have an easier time sleeping when they do yoga. They are also less likely to develop high blood pressure or deliver prematurely.

Calming the mind Since yoga involves the mind as well as the body, it's not surprising that it may help reduce anxiety and depression, especially in people whose anxiety is related to an illness like cancer. More research is needed to learn exactly how yoga affects mood, but a 2007 study may provide a clue: It found that in experienced yoga practitioners, a 60-minute yoga session increased levels of a neurotransmitter called GABA. Low levels of GABA have been linked to depression and anxiety disorders. Another pilot study suggests that yoga may influence depression by increasing the alpha waves in the brain. Alpha waves are associated with relaxation. Yet another possibility is that yoga reduces the amount of cortisol, a hormone that the body releases in response to stress. Some scientists think chronic high levels of cortisol may be tied to depression, as well as impaired immune function.

If the potential health benefits of yoga aren't enough to make you want to try it, consider this: Yoga can also make you look more toned and fit and help you move with greater ease, especially as you grow older. A 2007 study of the Hatha yoga style showed that it increased muscular strength, flexibility and endurance. It's no wonder that many athletes use yoga to cross-train.

Getting started You don't need a lot of expensive equipment or to be in tiptop shape to start practicing yoga. All it takes is loose clothing, a mat (some classes will provide mats) and the desire to learn.

There are several different styles of yoga. Most use a series of postures designed to stretch and strengthen muscles and also use controlled breathing to quiet your mind. Find out about the different kinds of yoga that are offered at classes in your area. Choose the style that fits your goals and level of fitness. You can also get started by using a good instructional book or DVD at home, although it's useful for beginners to start with a class.

Whichever style of yoga you choose, take it slowly at first. Don't try to force yourself into difficult poses at the beginning. After a while, you will develop more flexibility, strength and stamina.

While yoga won't cure everything that ails you, it will help you deal with stress better. And that could make a big difference in your overall health.

TECHTALK

ASUS PADFONE

The Padfone has been specifically created to fulfill a demand for both smartphone and tablet users. It is a first of its kind innovation that allows you to switch seamlessly between pad and phone for a user experience that best-fits your activities, at any time. Internet access from the 3G network connection is shared between the phone and pad, as data storage is streamlined through a single storage pool.

1. DELL ADAMO XPS

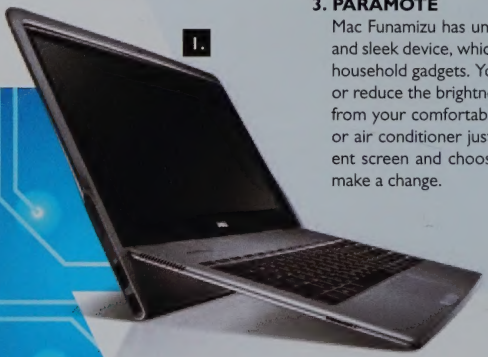
Dell finally release its trendy Adamo XPS laptop. With a 13.4 inch display, Dell Adamo XPS is a mere 9.99mm thick. Adamo XPS is powered by a 1.4GHz Intel Core 2 Duo ULV processor, 4GB of DDR3 RAM and a 128GB SSD.

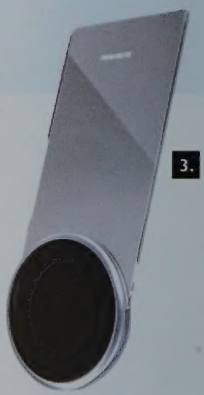
2. POLAROID POGO

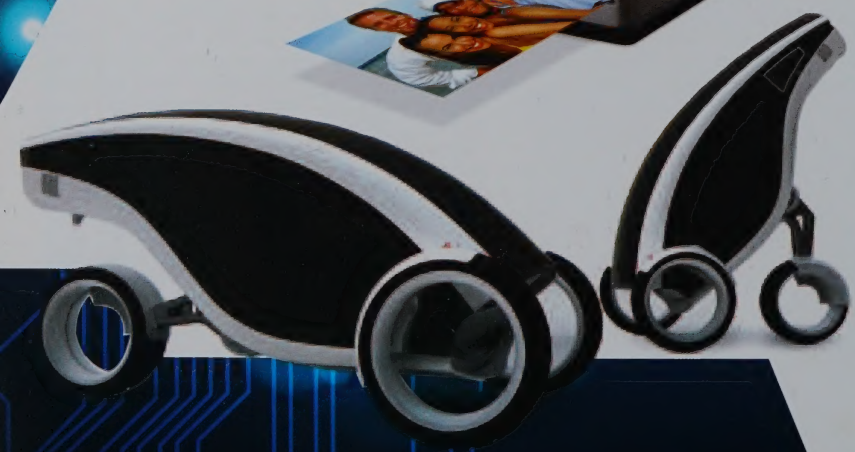
Polaroid PoGo is a handy, portable printer that is small enough to fit inside your pocket. It is able to print photos instantly so you don't need to worry how to print your photographs when you are on the move.

3. PARAMOTE

Mac Funamizu has unveiled yet another transparent and sleek device, which is capable of controlling your household gadgets. You can change the TV's volume or reduce the brightness of the light without moving from your comfortable chair. Be it lamp, stereo, TV or air conditioner just point at it over the transparent screen and choose the menu item you wish to make a change.

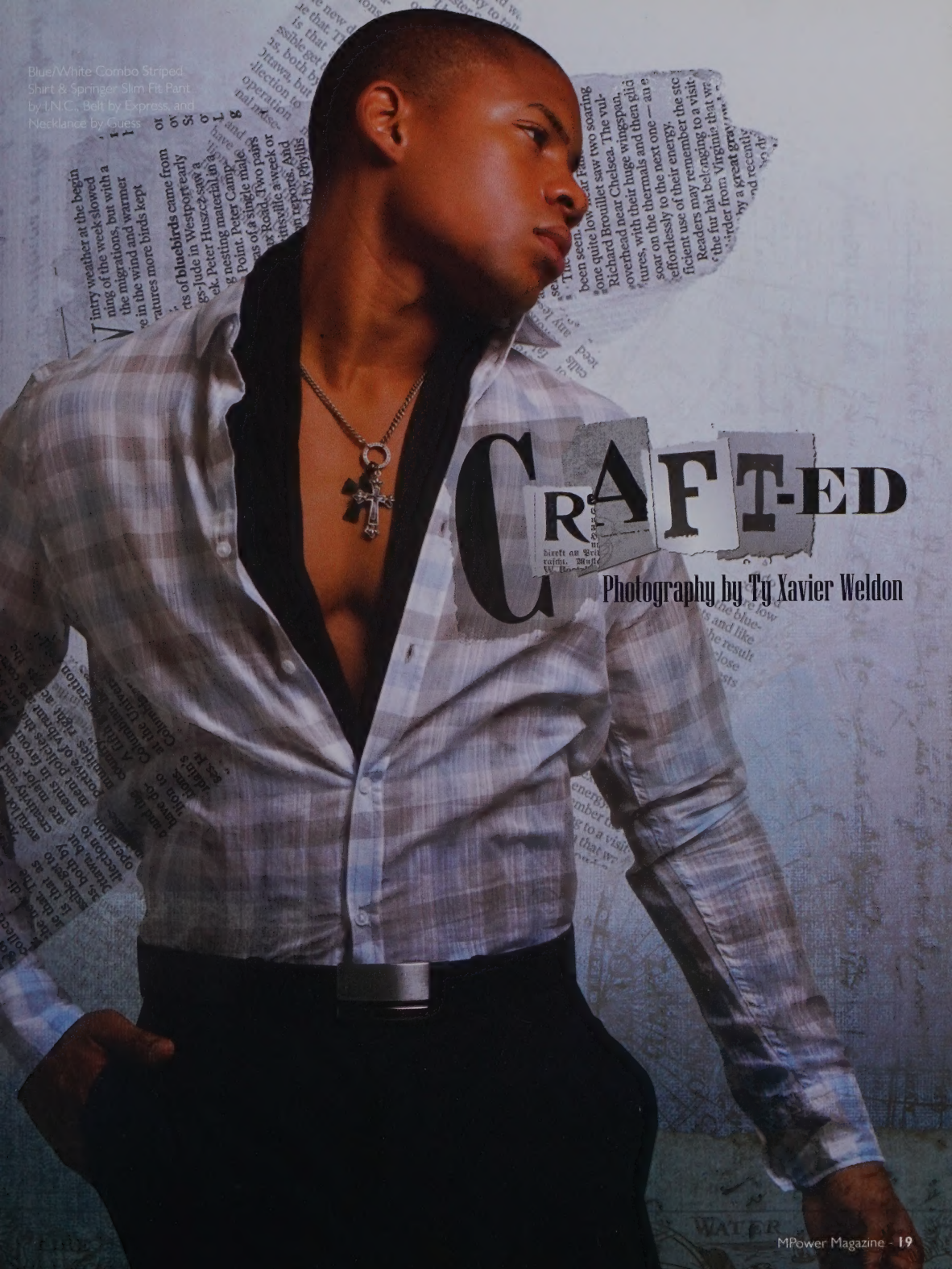






FOOW ECO RIDER

The FOOW concept has been developed with the intention to offer people an electrical eco-rider that is capable of covering all the vital necessities with compact consumption of energy and efficient use of space. While the solar cells offer energy to charge the car battery, the scissor system permits the driver to park the car in a tight space. Its pioneering oscillating wheels ensures the safety of the car. The aerodynamic shell helps reduce the air impact and minimizes the consumption of energy as well.



Blue/White Combo Striped Shirt & Springer Slim Fit Pant by I.N.C., Belt by Express, and Necklance by Guess

CRAFT-ED

Photography by Ty Xavier Weldon

On the left: White/Gray V-Neck Shirt, Gray Denim Striped Blazer, and Slim Flat Front pants by I.N.C.

Pictured: Powder Blue V-Neck, Winter Gray Shirt, and Springer Slim Fit Pant by I.N.C.

Photography: Ty Xavier Weldon
Model: Corey Taylor

FALL INTO FASHION

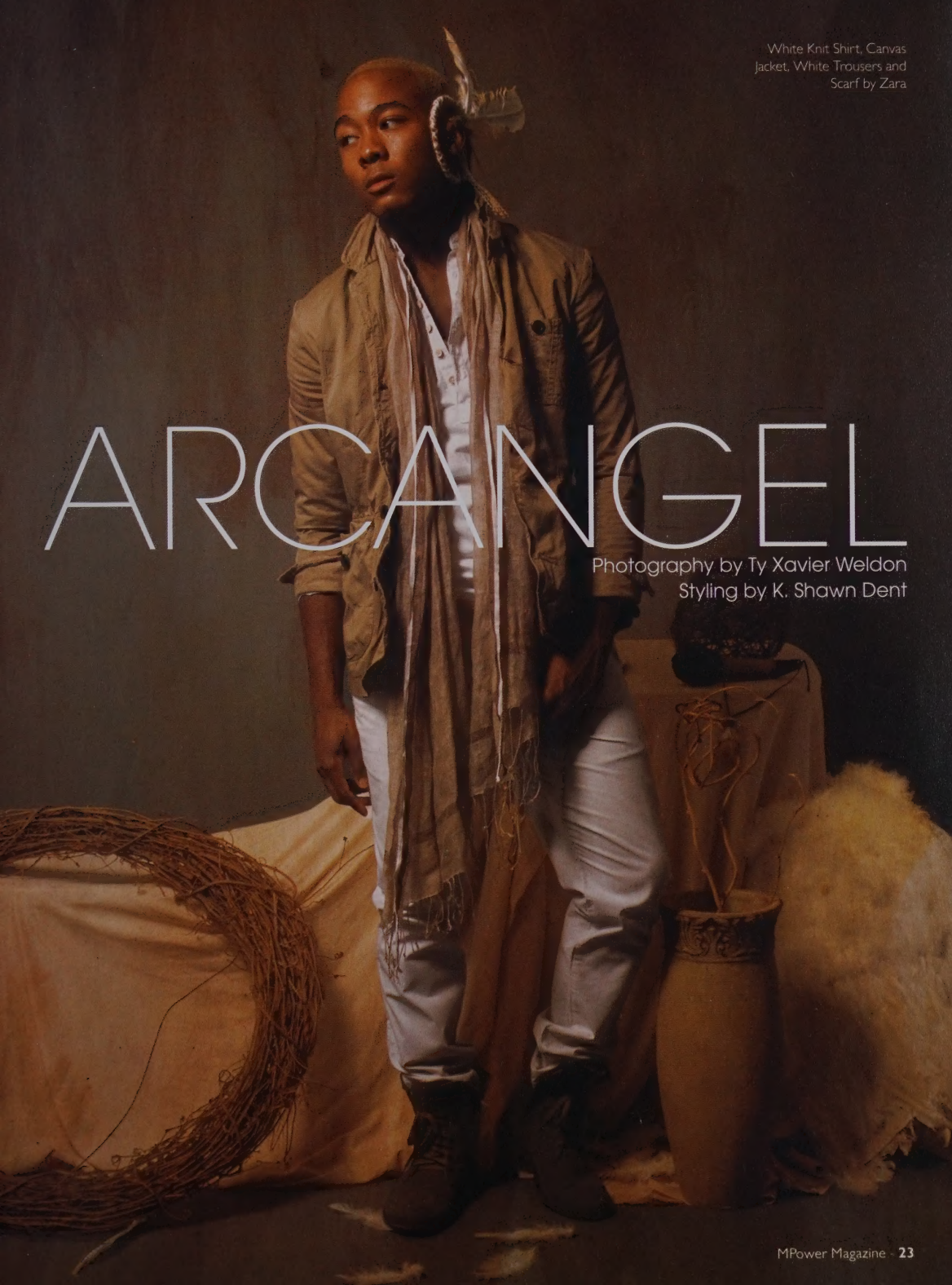
GET THE LOOK

MCQ Double-Breasted Military Jacket A four-star military style tailored in Italy with a cropped fit and double-breasted front in soft fleece wool $585

MCQ Twist-Knee Slim-Fit Jeans A slim-fitting silhouette with a twist $149

RAG & BONE Leather Mallory Boots Constructed in premium leather with metal details $510

1. A.P.C. New Standard Jeans in Raw Indigo $165 Tobi.com
2. DIESEL Graphic Tee (T-LESS-RS) $90 Diesel.com
3. DIESEL I SIRE Scarf & Tie $50 Diesel.com
4. JOHN VARVATOS Bowery Boot $698 Johnvarvatos.com
5. ASOS Canvas Backpack $60 Asos.com
6. DOLCE & GABBANA Leather Bag $2,250 Dolcegabbana.com

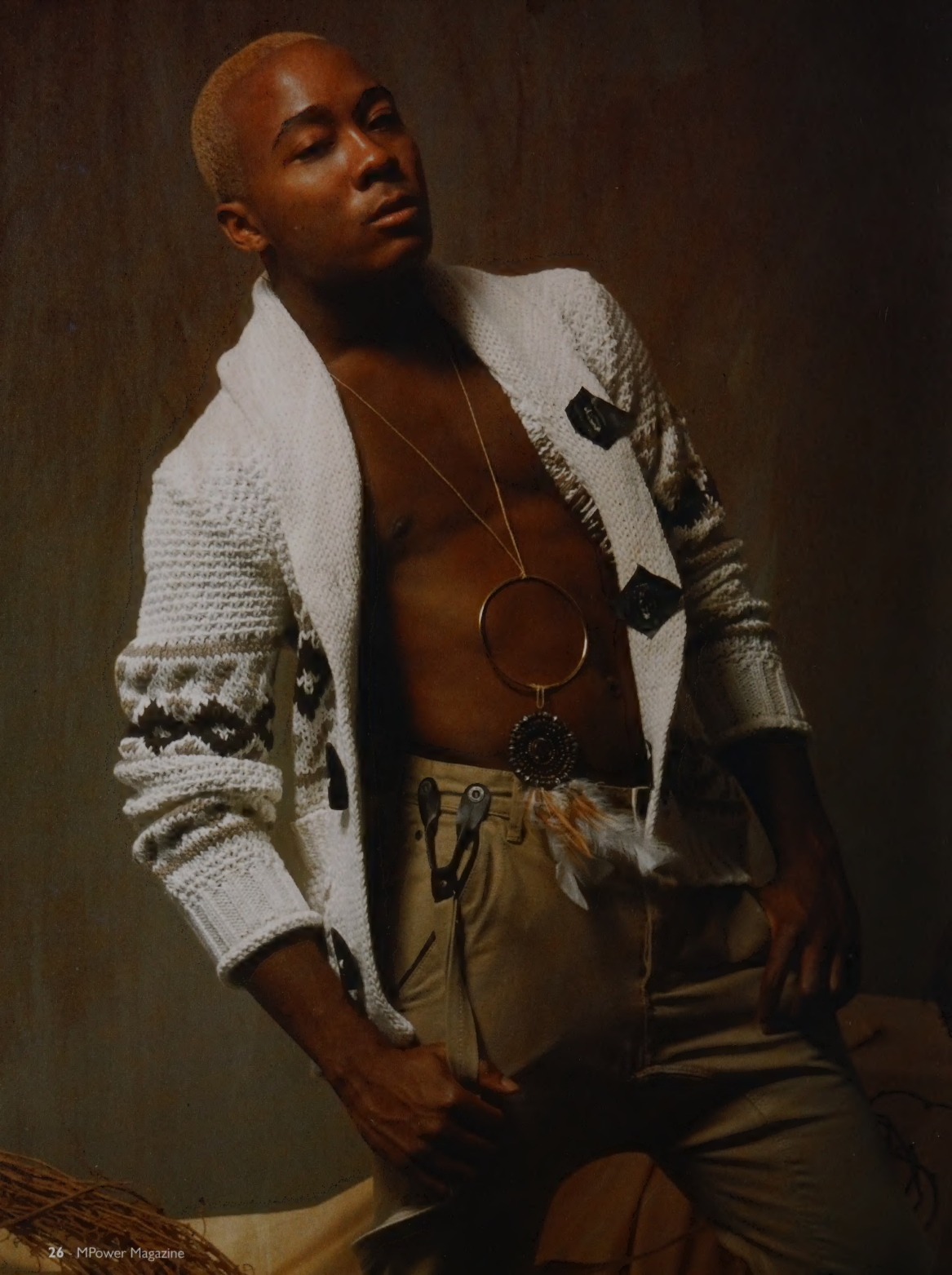


White Knit Shirt, Canvas Jacket, White Trousers and Scarf by Zara

ARCANGEL

Photography by Ty Xavier Weldon
Styling by K. Shawn Dent

Malo Collar Shirt, Striped Jumper, and Stretch Chino Trousers by Zara



On the left: Trousers With Braces and Knitted Sweater With Trimmed Fastenings by Zara, Accessories stylist's own

Pictured: Printed Shirt, Knit Cardigan With Tuxedo Collar, and White Stretch Jeans by Zara

Photography: Ty Xavier Weldon
Styling: K. Shawn Dent
Model: Trevis Thompson

YOUNG, SEXY, HIP & ONTHERISE

Jack the Lad Swing (JLS) is a Boy Band, consisting of members Aston Merrygold, Marvin Humes, Oritsé Williams and JB Gill. They originally signed toTracklacers production company New Track City and then went on to become runners-up of the fifth series of ITV reality talent show The X Factor in 2008, coming second to Alexandra Burke. Their fans are known as 'JLSters'

Following their appearances on The X Factor, JLS signed to Epic Records and enjoyed continued chart success throughout 2009. Their first two singles "Beat Again" and "Everybody in Love" both went to number one on the UK Singles Chart.[2][3] The band's self-titled debut album was released on 9 November 2009, and has since sold over one million copies in the UK. JLS won the awards for British Breakthrough and British Single ("Beat Again") at the 2010 BRIT Awards.They also won several awards at the Mobo awards for Best song for "beat again" in 2009 and also Best New Comer in the same year. In 2010 they won the Mobo's for Best UK act and Best Album.

In 2010, JLS signed an American record deal with Jive Records, and released "Everybody in Love" as their debut US single. "The Club Is Alive", the lead single from their second studio album, was released in the UK in July 2010, and earned the band their third number-one on the UK Singles Chart. Their single Love You More, the official 2010 children in need single was their 4th number-one on the UK Singles Chart.

MOVIE FEATURE

FIRST LOOK: THE SKINNY

Here's your first look at images and the trailer for Patrik-Ian Polk'snew film "The Skinny." Polk is the award winning director and creator of the groundbreaking black gay TV series Noah's Arc as well as the feature film Noah's Arc: Jumping The Broom.

The Skinny tells the story of five Brown University classmates who reunite one year after graduation for Gay Pride weekend in New York City. Magnus has just completed his first year of medical school and is excited to see his friends & introduce them to his new man, Ryan. Angelic Sebastian has recently returned from a year in Paris and looks forward to finally losing his virginity. Devilish trustafarian playboy Kyle is up to his old tricks, bagging as many hot bodied men as possible. Atlanta native Joey is hiding a few secrets, not including the obvious pounds he's packed on since graduating. And acid-tongued black British lesbian Langston tries to hold her own with the boys in the Big Apple. Through three action-packed days of sex, drama, secrets, lies & laughter- these five college pals discover just how much can change in one short year. And you won't believe what goes down at the Gay Pride Parade!

The cast includes Anthony Burrell, Jussie Smollett, Blake Young-Fountain, and British actress Shanika Warren-Markland.

Fans of Polk's work will be delighted to see some familiar faces in The Skinny. Noah's Arc alums Darryl Stephens, Jennia Fredrique, and Wilson Cruz all make appearances. The fabulous B. Scott as well as poet Bassey Ikpi, Derrick L. Briggs, and Ricky Day can also be seen in the trailer.

The Skinny is scheduled to hit theaters Labor Day weekend 2011.

PROJECT HOURS:
MONDAY THRU SATURDAY
10:00 AM - 6:00 PM
8317 NW 22ND AVENUE
MIAMI, FLORIDA 33147

MONTHLY EVENTS

Tuesdays:
YOGA Classes @ 4pm-5pm
Game Night @ 6pm-8pm

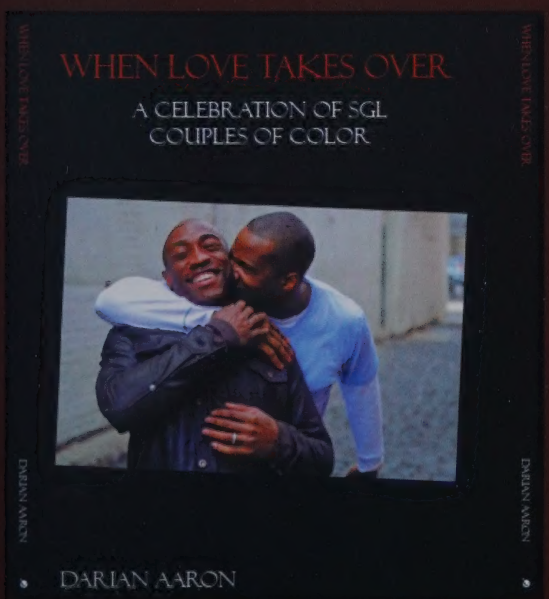
Wednesdays:
Core Group Meeting @ 3pm-5pm
Real Chat Discussion @ 6pm-8pm

Fridays:
Movie Night @ 6pm-8pm

Saturdays:
Book Club @ 6pm-Until

Sundays:
Tutoring Sessions @1pm-4pm

FOR MORE INFORMATION CONTACT US:
786-318-2337 ext. 108
FOLLOW US ON FACEBOOK/TWITTER

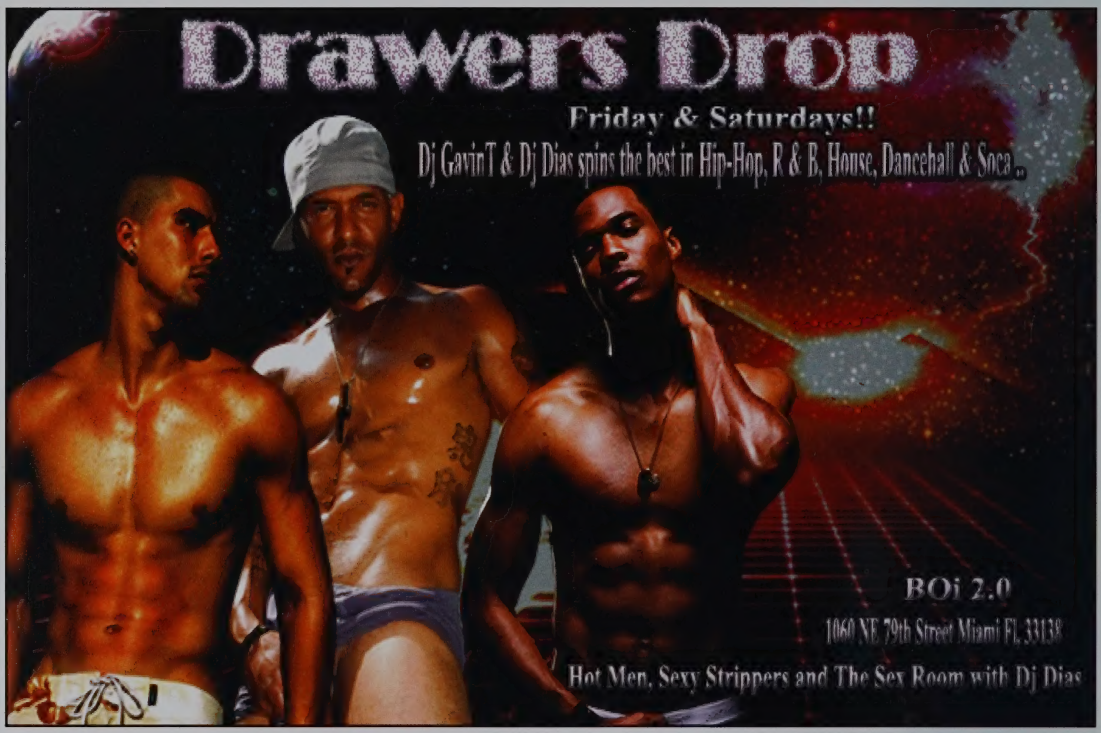


WHEN LOVE TAKES OVER: A CELEBRATION OF SGL COUPLES OF COLOR DEBUTS

"The love shared between eighteen black same-gender loving couples emerges out of the shadows and into the light. The time has come for black love to be recognized in its totality…and the time is now."

When Love Takes Over: A Celebration of SGL Couples of Color is based on the popular Coupled Up series from loldarian.com and exclusively profiles eighteen African-American gay couples who are in committed long-term relationships. The couples detail how they met, their journey towards self-acceptance, liberation and ultimately how they fell in love and maintain their relationships. All the while defying the myth that two black men are incapable of loving each other for a lifetime.

The arrival of this book is timely and necessary. The gay and mainstream media has largely ignored black same-gender loving men who have formed nurturing and long-term relationships, even worse; the love shared between these brave men have often been met with hostility from individuals within their own community. But finally, the diversity that exists within both the African-American and gay communities are laid out in the pages of "When Love Takes Over" for the entire world to see.


Drawers Drop
Friday & Saturdays!!
Dj GavinT & Dj Dias spins the best in Hip-Hop, R & B, House, Dancehall & Soca
BOi 2.0
1060 NE 79th Street Miami FL, 33138
Hot Men, Sexy Strippers and The Sex Room with Dj Dias

HEATMIAMI *Host Hotel*

200 SE Second Avenue, Downtown Miami
HEATMIAMI *Host Hotel* Room Rates
www.marriott.com | 1 (888) 236-2427

Enjoy our newly renovated guest rooms featuring luxury Marriott bedding, spacious work desks, and comfortable seating. New flat panel TV's enhance your favorite TV program or Pay-Per-View movie experience.

$109.00 per night*
Guest room, 1 King, Balcony
OR
Guest room, 2 Double, Balcony

$139.00 per night*
1 Bedroom Executive Suite, 1 King, Sofabed, Balcony

Check-in and Check-out
Check-in: 3:00 PM
Check-out: 12:00 PM
Express Check-In and Express Checkout

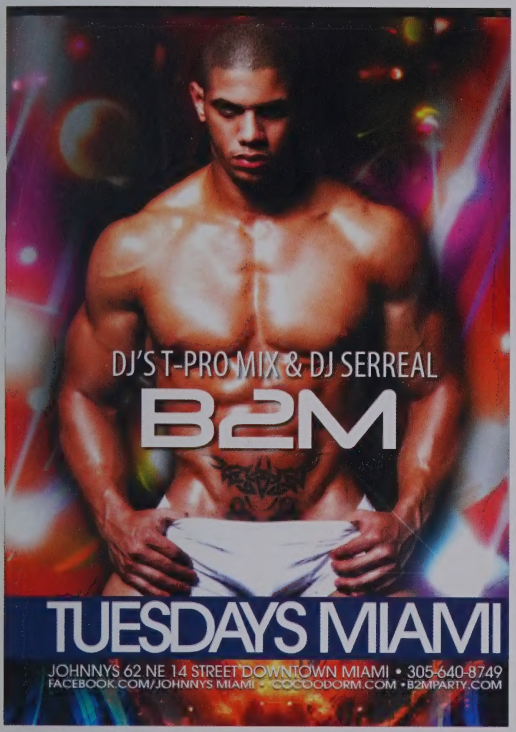
Parking
On-site parking, fee: $15.00 daily
Off-site parking, fee: $3.95 hourly

HEATMIAMI *Travel Partners*

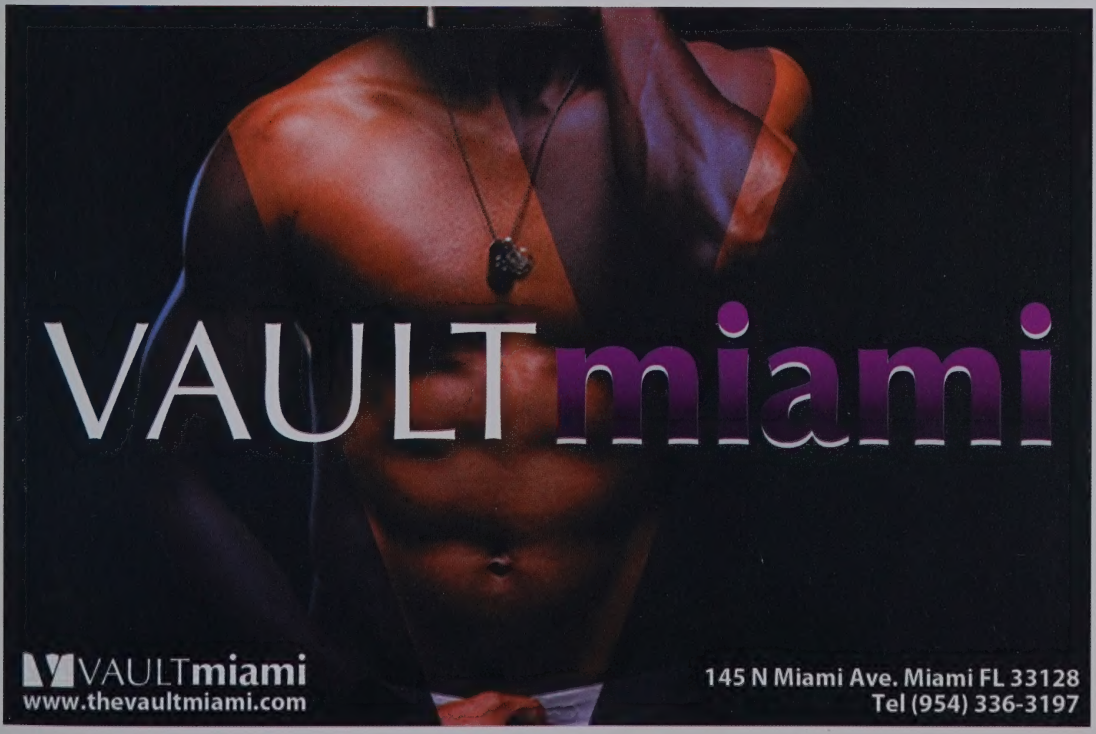
AA AmericanAirlines
www.aa.com
Discount Code
75H1BD

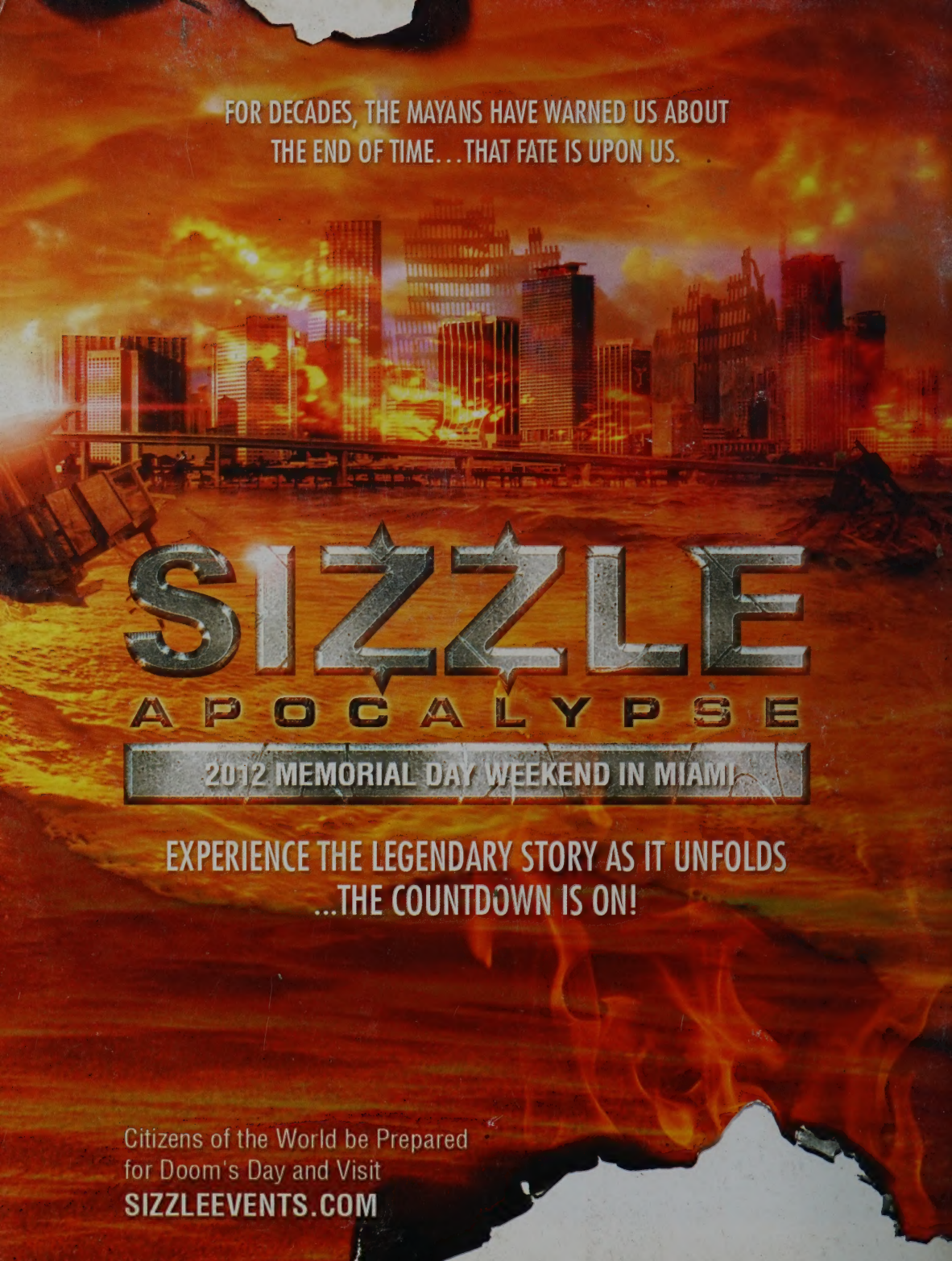
Hertz We're going your way
www.hertz.com
Discount Code
#CV022L3135

airTran
www..airtran.com


DJ'S T-PRO MIX & DJ SERREAL
B2M
TUESDAYS MIAMI
JOHNNYS 62 NE 14 STREET DOWNTOWN MIAMI • 305-640-8749
FACEBOOK.COM/JOHNNYS MIAMI • COCOODORM.COM • B2MPARTY.COM

SOUTH FLORIDA'S FAVORITE
FRIDAY NIGHT
THE HOTTEST BLATINO HIP HOP PARTY
HOSTED BY CIRE CITRON • SUSHIMAN • MR SITTUATION
NO COVER B4 12' • OPEN BAR '11:30-12 + $5 DRINK SPECIALS ALL NIGHT
DJ TPROMIX
B2M
TUESDAY IN MIAMI • THURSDAY IN NYC • FRIDAY IN FORT LAUDERDALE
FRIDAYS FT LAUD
JOHNNY'S 1116 W BROWARD BLVD, FT LAUDERDALE • 954.522.5931
FACEBOOK.COM/JOHNNYSFANS • B2MPARTY.COM • TEXT B2MFL TO 38714*


VAULTmiami
VAULTmiami
www.thevaultmiami.com
145 N Miami Ave. Miami FL 33128
Tel (954) 336-3197


FOR DECADES, THE MAYANS HAVE WARNED US ABOUT
THE END OF TIME...THAT FATE IS UPON US.
SIZZLE
APOCALYPSE
2012 MEMORIAL DAY WEEKEND IN MIAMI
EXPERIENCE THE LEGENDARY STORY AS IT UNFOLDS
...THE COUNTDOWN IS ON!
Citizens of the World be Prepared
for Doom's Day and Visit
SIZZLEEVENTS.COM